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- Warren Alpert Medical School of Brown University
  - Behavioral Medicine Track
  - APA Accredited
  - Research Placement: Weight Control and Diabetes Research Center
  - Research Mentor: J. Graham Thomas, PhD

2021-2022

**Doctor of Philosophy, Clinical Psychology**

2015-2022

- University of South Florida
- **Doctoral Dissertation** Emotional Eating in Response to Boredom: The Moderating Role of Interoceptive Ability
- APA and PCSAS Accredited
- Research Mentor: Diana Rancourt, PhD

**Bachelor of Arts, Psychology**

2007-2011

- Albion College
- Minor: Philosophy
- Overall GPA: 4.0/4.0, *summa cum laude*
- Class of 2011 Valedictorian; Phi Beta Kappa; Psi Chi Co-President
- Research Mentor: Jacquie Carlson, PhD

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**PROFESSIONAL APPOINTMENTS**

**Assistant Professor**, University of South Alabama

2022-Present

- College of Arts and Sciences
- Core Faculty in APA Accredited Combined Clinical-Counseling PhD Program

**Research Interventionist**, Moffitt Cancer Center

2020-2021

- Bright IDEAS Clinical Trial NCT04585269
- Research Supervisor: Kristine Donovan, PhD

**Graduate Teaching Associate**, University of South Florida

2017- 2021

**Graduate Teaching Assistant**, University of South Florida

2016- 2017

**Editorial Assistant**, Emory University

2013-2015

- Journal of Abnormal Psychology
- Editor in Chief: Sherryl Goodman, PhD

## **GRANT FUNDING AND HONORS**

### **Scholarships and Grant Funding**

Brown University Predoctoral Seed Money Research Grant 2021 (\$2215)

8. Palermo, M., Choquette, E. M., **Ahlich, E.**, & Rancourt, D. (2020). Food and alcohol disturbance by athlete status: The roles of drive for thinness, drive for muscularity, and sex. *Journal of American College Health* 1-8. doi:10.1080/07448481.2020.1713791
9. **Ahlich, E.**, Herr, J., Thomas, K., Segarra, D., & Rancourt, D. (2019). A Test of the Stress-Buffering Hypothesis of Social Support among Bariatric Surgery Patients. *Surgery for Obesity and Related Diseases*, 1(6), 90-98. doi:10.1016/j.soard.2019.10.020
10. Lang, B., **Ahlich, E.**, Verzijl, C., Thompson, J.K., Rancourt, D. (2019). The role of drive for thinness in the association between weight status misperception and disordered eating. *Eating Behaviors* 35. doi:10.1016/j.eatbeh.2019.101319
11. Rancourt, D., **Ahlich, E.**, Levine, J., Lee, M., & Schlauch, R. (2019) Applying a multidimensional model of craving to disordered eating behaviors: Development of the Food Approach and Avoidance Questionnaire. *Psychological Assessment* 31(6), 751-764. doi: 10.1037/pas0000697.
12. Levine, J. A., Noyes, E. T., Gius, B. K., **Ahlich, E.**, Rancourt, D., Houston, R. J., & Schlauch, R. C. (2018). Development and psychometric evaluation of a brief approach and avoidance of alcohol questionnaire. *Alcoholism: Clinical and Experimental Research*, 43(2)353-366. doi: 10.1111/acer.13939.
13. **Ahlich, E.**, Lang, B., Choquette, E., & Rancourt, D. (2018). Body talk, athletic identity, and eating disorder symptoms in men. *Psychology of Men and Masculinity* 3(3), 347-355. doi: 10.1037/men0000168.
14. Verzijl, C. L., **Ahlich, E.**, Lang, B., & Rancourt, D. (2018). Body mass index as a moderator of the association between weight Status misperception and disordered eating behaviors. *Eating Behaviors*, 30, 98-103. doi:10.1016/j.eatbeh.2018.06.008.
15. Verzijl, C. L., **Ahlich, E.**, Schlauch, R. C., & Rancourt, D. (2017). The role of craving in emotional and uncontrolled eating. *Appetite*, 123, 146-151. doi: 10.1016/j.appet.2017.12.014.

### **Book Chapters**

1. Prinstein, M., Rancourt, D., Adelman, C., **Ahlich, E.**, Smith, J., & Guerry, J. D., (2018). Peer status and psychopathology. In K. H. Rubin, W. Bukowski, & B. Laursen (Eds.), *Handbook of peer interactions, relationships, and groups, Second Edition*. New York: Guilford.

### **Published Abstracts (reverse chronological order)**

1. Verzijl, C., **Ahlich, E.**, Rancourt, D., Hagerman, J. R., & Weiss, A. (2019). 143. Medical and mental health predictors of pre-operative BMI in an adolescent sample seeking bariatric surgery. *Journal of Adolescent Health* 64(2), S74.

### **Manuscripts in Progress**

1. **Ahlich, E.**, Wooten, M., Thomas, J.G. (Under Review). The relation of emotion regulation and impulsivity to weight loss and weight loss maintenance. *Obesity Science & Practice*.
2. **Ahlich, E.**, Poovey, K., & Rancourt, D. (Writing in Progress). Examination of the Water Load Task as a Measure of Gastric Interoception and Associations with Disordered Eating.

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## **PRESENTATIONS**

### **Symposia**

1. **Ahlich, E.**, Beekman, M., & Rancourt, D. (2019, November). The Impact of Idealized Media Images on Body Checking: An Examination Utilizing Behavioral Observation. In L. D. Sarfan (Chair), *Am I good enough? The role of self-evaluation in the context of body image and disordered eating* Symposium presented at the Association for Behavioral and Cognitive Therapies, Atlanta, GA. Sponsored by Eating Disorder and Obesity Special Interest Group.

2. Verzijl, C.L., **Ahlich**, E., Lang, B., Choquette, E.M., & Rancourt, D. (2018, November). **Psychiatric symptom contributors to weight loss after bariatric surgery**. Symposium presented at the Association for Behavioral and Cognitive Therapies, Washington, DC.
3. **Ahlich**, E., & Carlson, J. (2009, March). **Shyness and feelings of inadequacy**. Symposium presented at the Michigan Undergraduate Psychology Research Conference, Hillsdale College MI.

### **Posters**

1. **Ahlich**, E. & Rancourt, D. (2022, November). **Boredom and Interoceptive Ability as Predictors of Emotional Eating**. Poster accepted for presentation at The Obesity Society Annual Meeting.
2. Verzijl, C., **Ahlich**, E., Staples, C., Cuning, A., Weiss, A., Chermak, R., & Rancourt, D. (2020, November). **Disordered eating behavior variability and weight bias of adolescents seeking bariatric surgery**. Poster presented at The Obesity Society Annual Meeting.
3. Verzijl, C., **Ahlich**, E., Nadeau, J., Farrell, N., Cook, J., & Rancourt, D. (2020, November). **Avoidance food craving: How does the dimension of craving relate to mealtime anxiety in an eating disorder treatment sample?** Poster presented at the Association for Behavioral and Cognitive Therapies.
4. **Ahlich**, E., Attaway, S., & Rancourt, D. (2020, November). **General versus hunger/satiety specific interoceptive awareness in predicting disordered eating**. Poster accepted for presentation at the Association for Behavioral and Cognitive Therapies.
5. **Ahlich**, E., Verzijl, C.L., & Rancourt, D. (2020, June). **Boredom proneness and food craving: The moderating role of**

Consumption Scale (CEBRACS) poster presented at the International Conference on Eating Disorders, Chicago, IL.

15. Choquette, E.M., Verzijl, C.L., Ahlich, E., Lang, B., Thompson, J.K., & Rodgers., R. F. (2018, April). *Could pressure from medical professionals to maintain a “healthy weight” increase eating disorder symptoms?* Poster presented at the International Conference on Eating Disorders, Chicago, IL.
16. Ahlich, E., Levine, J., Schlauch, R. C, & Rancourt, D. (2017, November). A multidimensional model of craving: Development and psychometric evaluation of the Approach and Avoidance of Food Questionnaire Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
17. Verzijl, C.L., Ahlich, E., Lang, B., Schlauch, R., & Rancourt, D. (2017, November). Inaccurate weight perception and the role of directionality: Does this protective factor seen in adolescents translate to young adults? Poster presented at the Association for Behavioral and Cognitive Therapies, San Diego, CA.
18. Ahlich, E., Verzijl, C.L., Lang, B., & Rancourt, D. (2017, October). Inaccurate weight perception and disordered eating behavior in adults of overweight or obese status. Poster presented at The Obesity Society Annual Meeting, Washington, DC.
19. Verzijl, C.L., Lang, B., Ahlich, E., Schlauch, R., & Rancourt, D. (2017, May). The role of craving in emotional and uncontrolled eating: A test and extension of cognitive processing model of alcohol craving. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
20. Ahlich, E., Lang, B, & Rancourt, D. (2017, May). Drives for muscularity and thinness: Associations with age and gender. Poster presented at the International Conference on Eating Disorders, Prague, Czech Republic.
21. Rancourt, D., Lee, M., Ahlich, E., & Schlauch, R. C. (2016, November). Applying a multidimensional model of craving to disordered eating behavior. Poster presented at the Association for Behavioral and Cognitive Therapies, New York NY.
22. Lang, B., Ahlich, E., Choquette, E., & Rancourt, D. (2016, May). Possible mechanisms of the association between men's surveillance and body talk. Poster presented at the International Conference on Eating Disorders, San Francisco CA.
23. Ahlich, E., Lang, B., Choquette, E., & Rancourt, D. (2016, May). Body talk, sport participation, and dating disorder symptoms in men. Poster presented at the International Conference on Eating Disorders, San Francisco CA.
24. Ahlich, E., Carlson, J., Christopher, A., & Keyes, B. (2011, May). Emotional intelligence as a moderator of the relationship between shyness and feelings of inadequacy. Presented at the Association for Psychological Science, Washington DC.

### **Invited Presentations & Community Outreach**

1. Ahlich, E. & Rancourt, D. (2022, March). Boredom, Interoceptive Ability, and Emotional Eating Presented at the Carney Institute for Brain Science and the Department of Psychiatry and Human Behavior 24th Annual Mind Brain Research Day (Virtual).
2. Ahlich, E., Verzijl, C., & Rancourt, D. (2019). Food craving: Theoretical underpinnings, measurement, and relation to disordered eating among those with type 1 diabetes. Presented at USF Clinical Psychology Department Colloquium.
3. Ahlich



